



The 9th Colworth Hare and Tortoise Run

Sunday 27th November 2022

ARC Permit: applied for. Held under ARC rules.



Course: A 26.3 mile, 5 lap, event for individuals/teams around the Colworth Estate in North Bedfordshire, on gently undulating trail and unclassified road, some woodland paths with uneven surface/roots. Some narrow sections of path, hence limit on entries.

Start: **9.00am** from Colworth House Sports and Social Club, Sharnbrook, Bedfordshire. MK44 1LB, SP978598. 16:00 time limit, contact us if you want to start early.

Closing Date for postal entries **20th November 2022** or when event limit is reached.

Limits: Max 110 Individuals who must be over 18 years of age. 15 teams. 16:00 cut-off.

Covid restrictions at the time of the event will be communicated in the information pack.

Dogs are allowed with responsible owners, see

<http://www.runningclubs.org.uk/DOGS%20AT%20ARC%20PERMITTED%20EVENTS.pdf> .

Entry Fee: Individual £18 (affiliated) / £20 (unaffiliated). £30 OTD, if available – please check.

Team of 5: £50 per team. Maximum 15 teams with each runner over 15 years of age.

In event of cancellation/postponement, entries can be: deferred to a re-arranged date; or refunded (less £2 for administration fees); or donated to charity.

Facilities: Toilets, car parking. Checkpoint every lap with water, flat Coke, individually wrapped snacks. (feel free to leave personal food/drink at checkpoint). Additional drinks at ½ lap point. Teas / coffee. **Cup-free event, please bring your own bottle /mug / bladder.** We hope to provide baggage storage (no liability accepted), changing rooms, showers, hot food at finish, depending on Covid restrictions, if any, in place at the time of the event.

For further information go to www.colworthstriders.org.uk

e-mail hoddleandy@gmail.com

text / phone **Andy Hoddle (07521206214)**

Please send entry form, fee and EITHER *email address or 9x4 SAE, with correct postage*, to:-

Hare and Tortoise, PO Box 10, Unilever Colworth, Sharnbrook, Bedford, MK441LQ

Or book online. Find link on www.colworthstriders.org.uk or www.SIEntries.com

ENTRY FORM - BLOCK CAPITALS PLEASE

I understand that the organisers cannot be held responsible for any injury or loss sustained by me. I agree to abide by the event rules and the Country Code. I will ensure that I am in good health on the day of the race. I will compete at my own risk and retire from the event if I feel unwell. Individual entrants must be over 18 on event date. Team entrants must be over 15.

(please complete a form for each team member, if partaking within a team)

Title	First Name	Surname
Address		INDIVIDUAL / TEAM
		Team Name
	Postcode	MALE / FEMALE
Phone Number, Day: Evening:		Participated before? Yes / No
Email (print)		AGE
Club (if any): EA No.:		Entry Fee Enclosed £
Signed	Date	Total Amount Enclosed £

Please make cheques payable to **Colworth Striders**